

The long tradition of swimming in Hawai`i began nearly a century ago when Duke Kahanamoku focused the world’s attention on our islands by setting records and winning Olympic Gold Medals in 1912, 1920 and 1924. Duke revolutionized the sport by using techniques and a style previously known only to Hawaiians. After the Olympics, Duke traveled the globe to give swimming demonstrations. It was during one of these trips that Duke introduced the world to swimming’s cousin from our islands, surfing. In his later years, Duke became the chief of police for Honolulu.

Duke’s legacy of swimming in Hawai`i continued with distance swimmer Keo Nakama. Named as the first great Hawaiian swimmer of the modern era by the International Swimming Hall of Fame, he held the world records for the mile and 27 miles during the 1940's. His world records extended from the mile he swam at New Haven when he was 22 years old to the 27-mile Moloka`i Channel which he swam at 41 years of age.

Keo’s achievements include world record holder for the mile in 20:29.00, 13 NCAA and AAU National Titles, 27 National Championships, 5 Pan-American Games Titles, 5 Australian National Titles, 8 Big Ten Titles. After his swimming career, Keo went into politics. He was first elected to the Hawaiian Legislature in 1964.

We are proud of our state’s long connection to swimming and the facilities, aquatic programs, and multiple health benefits of this low-impact form of exercise. Swimming is a family recreation that gives one a sense of accomplishment, self-satisfaction and pleasure. It is also an exercise that is accessible to anyone regardless of age, physical condition, or ability. Like Duke and Keo, swimming can improve one’s self-esteem and open the door to accomplishments beyond the pool or ocean.

THEREFORE, I, LINDA LINGLE, Governor of the State of Hawai`i, and **I, JAMES R. “DUKE” AIONA, JR.**, Lieutenant Governor, do hereby proclaim **July 16 through July 22, 2006**, as

NATIONAL AQUATIC WEEK

in the Aloha State, and call upon our residents to observe this day by going to a local pool or beach and taking a swim.

DONE at the State Capitol, in the Executive Chambers, Honolulu, State of Hawai`i, this thirtieth day of June 2006.

Linda Lingle
Governor, State of Hawai`i

James R. “Duke” Aiona, Jr.
Lieutenant Governor, State of Hawai`i